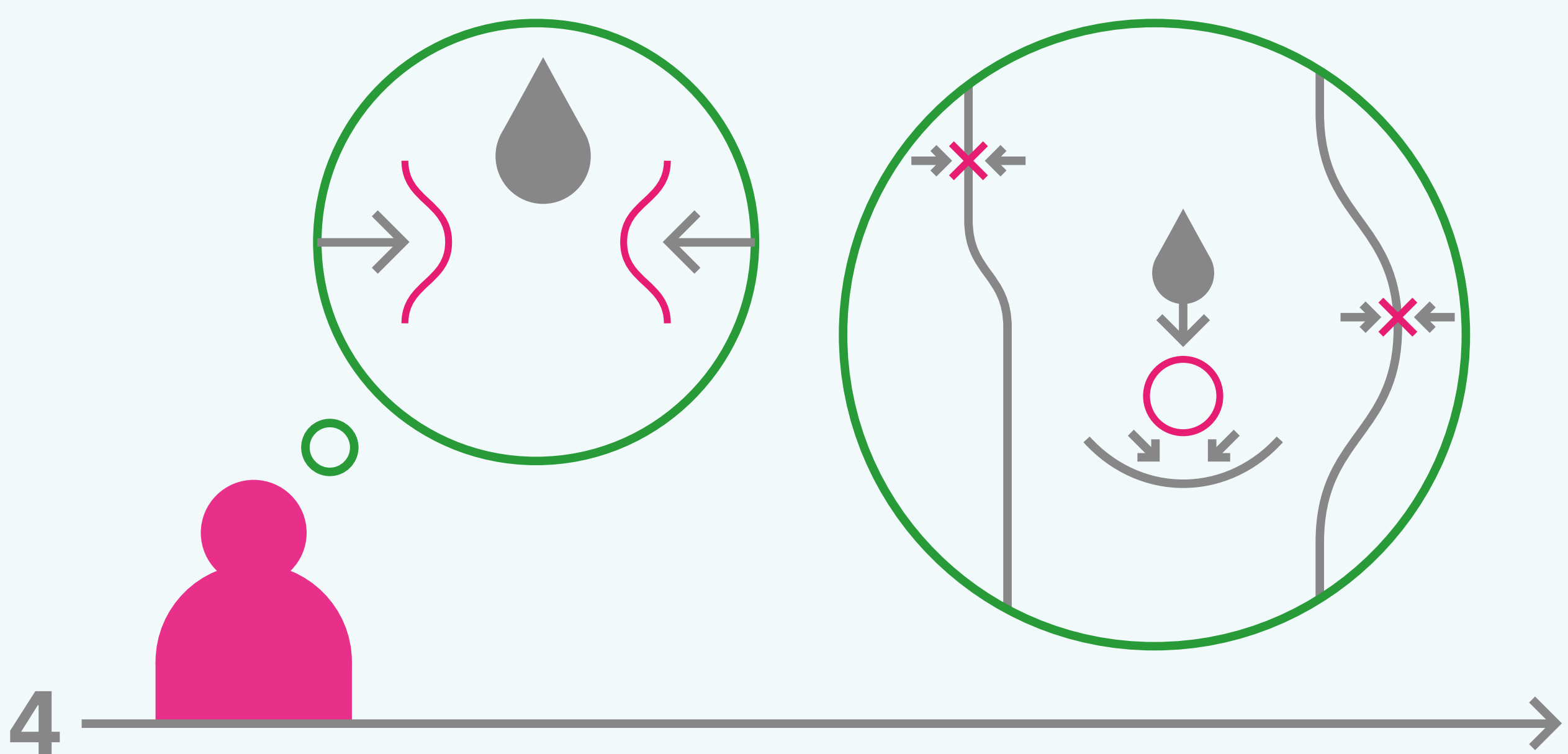
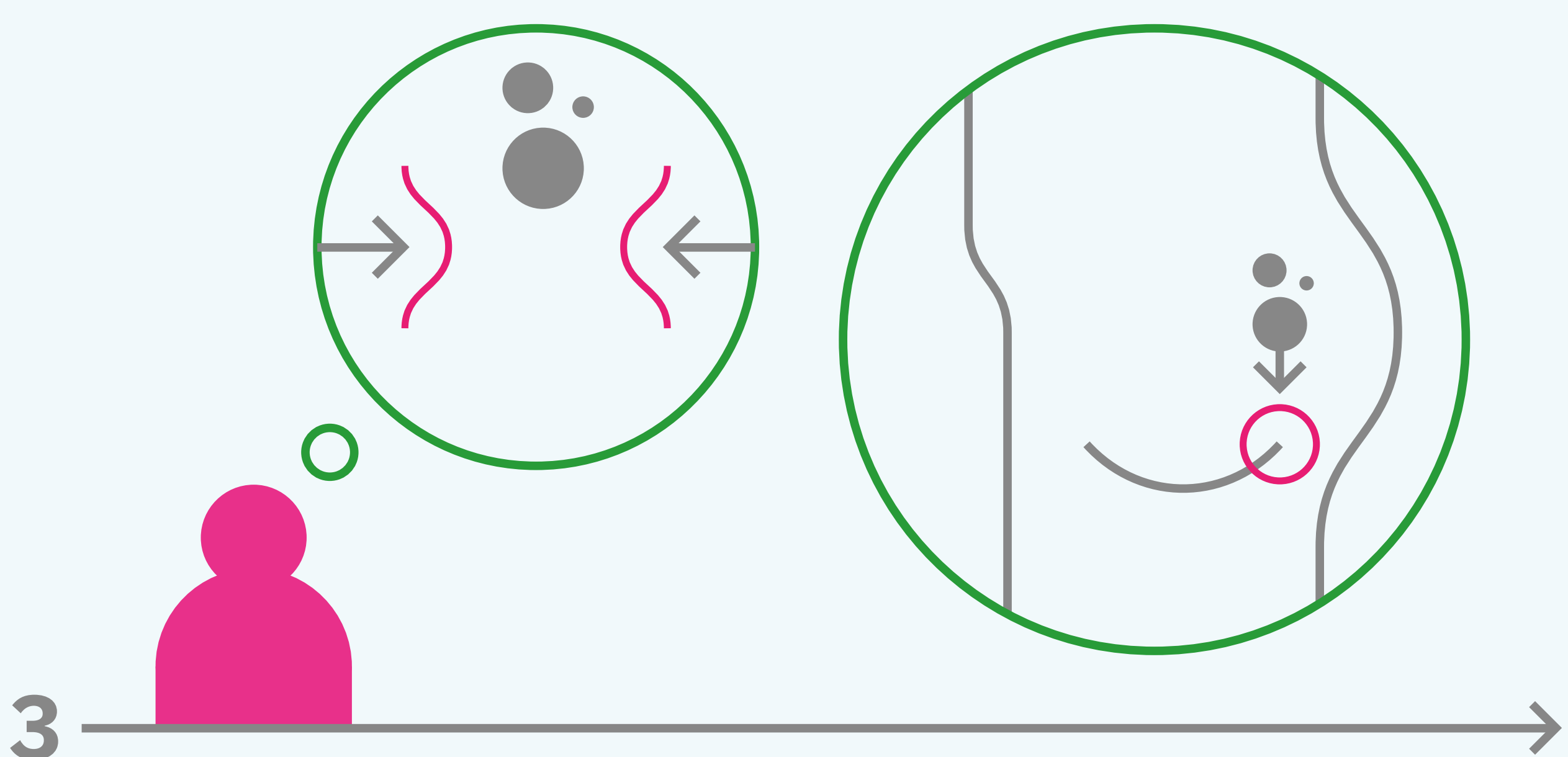
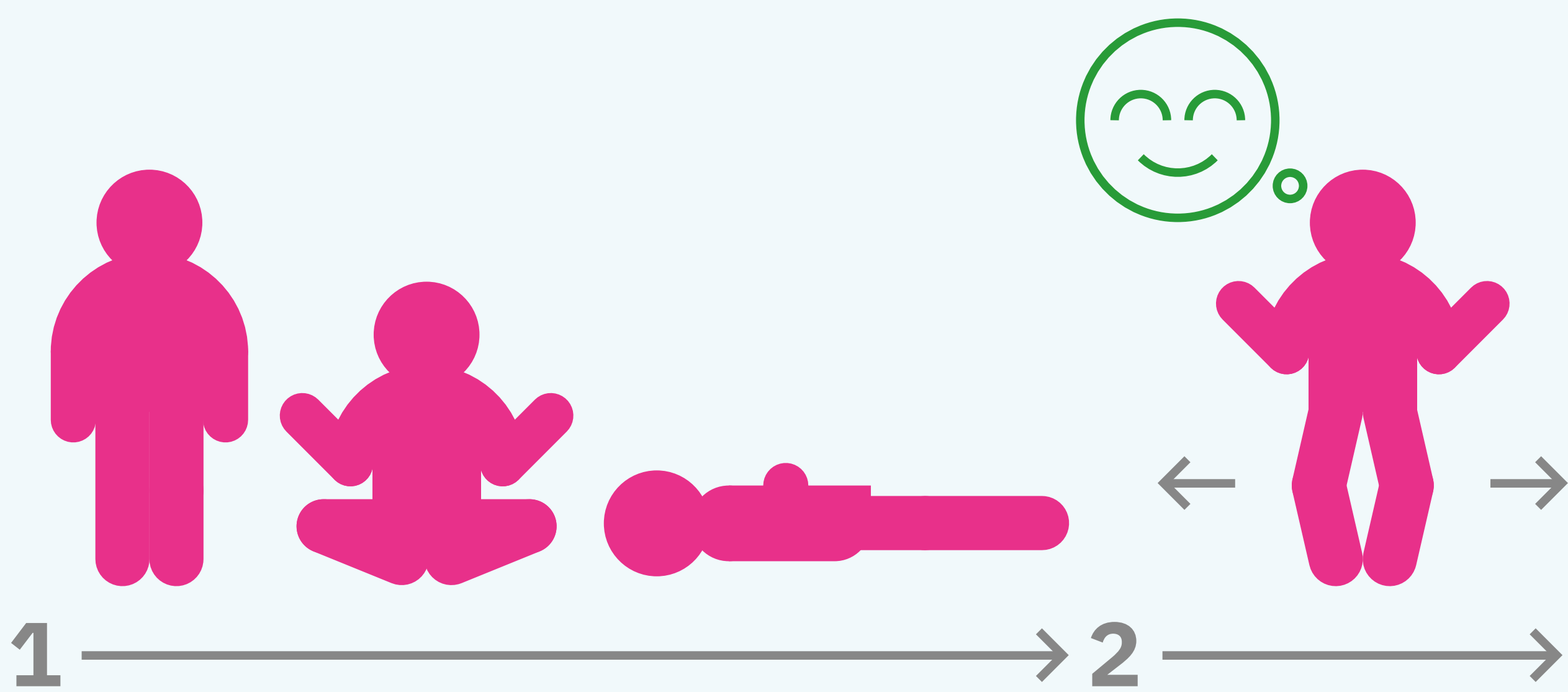


# Bekkenbodemoefeningen voor vrouwen



10-20 keer aanspannen,  
tot 5 keer per dag

